

Mountaineer

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Fire survivors receive assistance

by Rebecca E. Tonn

Mountaineer staff

Four families who lost their homes in an on-post four plex fire April 1 moved into on-post homes Friday.

Donations to the families, from military families and the surrounding community, were immediate and generous.

GMH Military Housing accepted donations on behalf of the families. Several Fort Carson village mayors began gathering clothing donations immediately after the fire, sorting the clothes and delivering them to the families, said Lynn Rivera, GMH community manager.

"We had an outpouring of support from families and GMH residents; they brought in clothes, dishes, toys, hygiene products and food," Rivera said.

Fort Carson Fire and Emergency Services firefighters worked numerous hours to salvage as many belongings as possible for the families.

Residents of the four plex were surprised and pleased that some personal belongings — one wallet, a few family photos, some important paperwork and items of sentimental value — were actually able to be salvaged, said Acting Fire Chief Glen Silloway.

"Firefighters were out there boxing stuff up and carrying it out to the pods. It's not common for a fire department to spend this much time

on salvage," Silloway said.

Four local restaurants donated gift cards and a local merchant donated a box of toys for the child who lived in the four plex.

Army and Air Force Exchange Service donated a gift card to each family and Prussman Chapel congregants and others donated large amounts of food, Rivera said.

Staff Sgt. Evan Jackson, command finance noncommissioned officer, 759th Military Police Battalion, drove a donated moving truck to the Redistribution Center, Inc., in Wheat Ridge, a nonprofit organization.

Each family was able to select a cherry wood dining table and chairs, a buffet, a 16-piece set of dishes, a 16-piece flatware set, a full set of pots and pans and drinking glasses, Jackson said.

The Home Front Cares, Inc. donated a mattress, box springs, pillow top and frame to each family and bought gasoline for the trip to RCI.

"We moved the items right into their homes Friday night after we returned from Wheat Ridge. It was fantastic (to see all the donations)," Jackson said.

The families also enjoyed a complimentary Easter brunch at a local hotel, Rivera said.

"We are fortunate to be surrounded by so many caring, supportive people on Fort Carson and in the Colorado Springs community, who came to the rescue of our families," Rivera said.



Photos courtesy of Fort Carson Fire and Emergency Services

Fort Carson Firefighter Mike Villegas carries salvaged belongings from the four plex.



Fort Carson Fire and Emergency Services Firefighter Dave Weller and one of the residents load boxes of belongings, which were salvaged from the fire, into a pod.

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MUST SEE



Easter eggs-citement.
See Page 21.

Word of the month: **Unity**

Officials emphasize zero tolerance of sexual assault

by Carmen L. Gleason

American Forces Press Service

WASHINGTON — Sexual assault is a crime that is incompatible with military values and will not be tolerated within the Department of Defense, the undersecretary of defense for personnel and readiness said.

David S.C. Chu kicked off the month-long DOD observance of sexual assault prevention during a ceremony at the Women in the Military for America Memorial at Arlington National Cemetery April 3.

"Sexual assault is devastating to the individuals it victimizes," Chu said. "It weakens trust and creates strife within our units. It undermines the state of readiness of the armed forces as a whole."

Sexual assault is one of the nation's most underreported crimes.

National statistics show that an assault occurs every 90 seconds. One in every six women and one in every 33 men will be the victims of rape or attempted rape in their lifetime.

"Sexual assault remains a troubling issue in America," Chu said. "Since the military reflects the society it serves, the issue faces the Department of Defense as well."

This year's DOD campaign is promoting a climate of respect that encourages every servicemember to join in a cooperative effort to end sexual violence, said Dr. Kaye Whitley, director for the Sexual Assault Prevention and Response Office.

SAPRO is the Defense Department's single point of accountability for sexual assault policy matters. The organization develops policy and

See **Zero Tolerance** on Page 20

Gen. George W. Casey Jr. becomes Army chief of staff

Story and photo by J.D. Leipold

FORT MYER, Va. — Gen. George W. Casey Jr. Tuesday became the 36th chief of staff of the Army, assuming the position from Gen. Peter J. Schoomaker.

Casey was the first commander of the Multi-National Force-Iraq, a coalition of more than 30 countries, until February. He had served as Schoomaker's vice chief of staff before deploying to Iraq in 2003 to assume command of the coalition.

Guest speakers at the ceremony included Secretary of Defense Robert M. Gates and Acting Secretary of the Army Pete Geren, both of whom praised Schoomaker for his accomplishments and the positive changes he made to the Army after being called from retirement in 2003 to assume the top uniformed Army position.

Geren, who hosted the ceremony, called Schoomaker a great teacher and Soldier, and honored him for nearly four decades of active service characterized by sacrifice, courage and devotion to duty.

"It's been a privilege to work alongside this extraordinary leader, this great

teacher, a man who has given so much for his country and the Army he loves," Geren said. "Pete Schoomaker is a patriot, a man who has always put the country first and always answered the call to duty."

Gates also expressed his gratitude to Schoomaker, thanking him for his vision and leadership.

"Challenging times require extraordinary vision and leadership, and Pete has shown both those qualities," Gates said. "He has entirely changed the manner in which our Army is trained, deployed and organized."

In his parting words, Schoomaker reaffirmed that today's Soldiers are still the Army's greatest strength, because war will continue to be fought in the human dimension.

"While technology has changed our Army, there can be little doubt that when you look into the eyes of our warriors today, as I have in the last four years, I see the same patriotism that George Washington must have seen at Valley Forge," Schoomaker said. "I have looked into the eyes of today's warriors and I am proud to report they continue to exceed every expectation for courage, dedication and selfless service — they



From left, Gen. Peter J. Schoomaker, Cindy Schoomaker, Acting Secretary of the Army Pete Geren, Secretary of Defense Robert M. Gates, Sheila Casey and Gen. George W. Casey Jr.

are the heart of all we do, they are our future, and they demonstrate strength, compassion and warrior ethos."

Casey spoke last and thanked both secretaries, the president, Congress and Schoomaker for their faith in his abilities to lead the Army.

"I'm proud to be taking charge of an Army that's regarded as the best in the world at what it does," Casey said. "I have watched the men and women of our Army in action in the most demanding combat environment. I take great pride in the courage, the confidence and the commitment of

our Soldiers and civilians to both the ideals that have made this country great and to making a difference in our world. They epitomize what is best about America.

"They and their families carry heavy burdens in today's war with a hard road ahead, yet their willingness to sacrifice to build a better future for others and to preserve our way of life is a great strength for our nation," he said.

"We are Army Strong and I could not be more proud today to be a Soldier and to stand shoulder-to-shoulder during this time of danger and uncertainty."

Gen. Casey discusses new role as Army chief of staff



Photo by J.D. Leipold

The following are remarks by General George Casey upon assumption of his duties as the new Army chief of staff during the April 10 change of responsibility ceremony at Fort Myer, Va.

It's an honor and a privilege for me to stand before you today and I am both proud and grateful for the opportunity to serve here as the chief of staff of the United States Army.

I'm proud to be taking charge of an Army that's regarded as the best in the world at what it does. And having watched the men and women of our Army in action for the past several years in the most demanding combat environments, I take great pride in the courage, the competence and the commitment of our Soldiers and civilians to both the ideals that have made this country great, and to making a difference in our world. They epitomize what is best about America.

In every generation, when faced with difficult challenges, Americans have risen to the occasion. Today such heroes fill the Army's ranks. They continue to rise to the occasion and it is their selfless efforts that make victory possible. I could not be more proud of them.

We are locked today in a war against a global extremist network that is fixed on defeating the United States and destroying our way of life. This foe will not go away nor will he give up easily. We are engaged in a long war.

At stake is the power of our values and our civilization, exemplified by the problems of America to confront and defeat the menace of extremist terrorism. At stake is whether the authority of

those who treasure the rights of free individuals will stand firm against the ruthless and pitiless men who wantonly sway the defenses. At stake is whether the future will be framed by individual freedoms we hold so dear, or dominated by a demented form of extremism. At stake is whether we will continue to expand freedom, opportunity and decency for all those who thirst for it or let fall the darkness of extremism and terror.

Faced with such a long and difficult struggle, it's useful to remind ourselves that this Army exists to field forces for victory. We are in this war to win. We have fought this way since 1775 and we always will.

Our combat veterans know well the meaning of Army Strong. They have been baptized in fire and blood and they have come out as steel. That steel endures. Our warrior ethos has it right — I will always place the mission first, I will never quit, I will never accept defeat, and I will never leave a fallen comrade.

In his second inaugural address, President Lincoln clearly established our collective national responsibility to our Soldiers and families. "To care for him who shall have borne the battle and

for his widow and his orphans."

The remarkable men and women of our all-volunteer force, supported by their dedicated families, are a national treasure and will be cared for accordingly. Our nation recognizes that our Soldiers and families deserve a quality of care and a quality of life commensurate with the magnificent service they rendered to the American people.

Seldom in our history have our Soldiers faced greater challenges. We serve at a time when the stakes for our nation and our way of life are high and the demands on our force are significant. We've been here before in our history and we will answer the call with the same pride and professionalism that have marked the Army through the generations preceding us. We will continue to reflect the very best of our people by defeating the enemies of freedom and the proponents of terror, by defending our homeland and the way of life, and by assisting our nation to build a better future for generations yet to come.

I could not be more proud today to be a Soldier and to stand shoulder-to-shoulder with you and your families during this time of danger and uncertainty.

MOUNTAINEER

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NEWS

Schoomaker bids farewell



***The following is a
farewell message
to the Army from
Gen. Peter J.
Schoomaker, the
35th chief of staff
of the Army.***

Tuesday we stood on the parade field at Fort Myer, Va., and the mantle of Army chief of staff will pass to General George W. Casey. It has been a tremendous privilege and honor to serve alongside you — the Soldiers, civilians and family members — who make the Army the world's pre-eminent land force, the ultimate instrument of national resolve.

Upon becoming 35th Army chief of staff in August 2003, I issued an

"Arrival Message" to the force. In that message I spoke of standing in an Iranian desert in 1980, on a moonlit night, at a place called Desert One, where eight of our comrades lost their lives and others were forever scarred. I spoke of keeping a photo of the carnage that night to remind me of the grief and failure of that mission and the commitment survivors of that operation made to a different future.

Having now been in this Army for

almost four decades, and having seen the Army my father served in for 32 years before that, I can tell you in no uncertain terms that today's battle-hardened Army does, in fact, reflect the different "future" we envisioned.

Standing on the shoulders of those who have gone before us, the men and women of today's Army have remained focused on our nonnegotiable responsibility to the nation. For almost 232 years, the Army has never failed the American people, and it never will. We have been resolute in the pursuit of our four overarching strategies — providing relevant and ready landpower; training and equipping Soldiers to serve as warriors and growing adaptive leaders; sustaining the all-volunteer force composed of highly competent Soldiers who are provided a quality of life commensurate with the level of their service; and providing infrastructure and support to enable the force to fulfill its strategic roles and missions. Furthermore, instead of reigning-in our drive to transform during a time of war, we have leveraged

opportunities in this conflict to establish and accelerate the momentum necessary to reshape the entire force into a more capable campaign-quality force with vastly improved joint and expeditionary capabilities.

Specifically, as we serve alongside our joint and allied partners in Iraq, Afghanistan and elsewhere, we have improved the Army's ability to operate and dominate in any environment against current, emerging and unforeseen threats. While working to grow the regular Army by 30,000 since 2004, we now have authority to permanently increase our endstrength by over 74,000 Soldiers across all components — active, National Guard and Reserve.

We have created far more capable and strategically deployable brigade-sized formations that are designed to receive and integrate new technologies and equipment as soon as they become available. There has been a significant expansion and enhancement of Army special operations forces. We have and

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Schoomaker

From Page 3

are continuing to increase Soldier and unit effectiveness and protection, as evidenced in our reset efforts and modernization plans. We have been developing a forward-looking doctrine that guides how we organize, train, fight and sustain our forces.

Finally, and perhaps most importantly given that Soldiers are our centerpiece, the Army's intellectual and cultural transformation is creating and maintaining a learning and adaptive force that will dramatically improve how we face future challenges. We are growing innovative Soldiers and pentathlete leaders through training and education built on recent combat experience. Literally, every aspect of today's Army has been touched by change, with the exception of our enduring values.

During my tenure as Army chief of staff, I have seen our Soldiers continuously demonstrate why they

are our greatest strength. Their adherence to the warrior ethos is as inspiring as it is necessary. Their ability to learn and adapt as we fight an ever-changing enemy and transform to meet complex future threats is essential. Their dedication and optimism about our future are contagious.

We must never forget that war is fought in the human dimension. Therefore, technology will always play an important but distinctly secondary role, because even our most sophisticated satellites and computers cannot get into the mind of the enemy, interact with local leaders, understand other societies and cultures, or make the instantaneous life or death decisions required to meet our 21st century challenges. Men and women with their "boots on the ground" are necessary to do all this.

Let there be no mistake, fighting and adapting today, while transforming for an uncertain and complex future against traditional, irregular, catastrophic and disruptive threats is

vital to America's security. Although those in uniform have borne a disproportionate burden during the opening engagements of this long war, we are not fighting and cannot win this war alone.

Defeating our enemies requires a shared understanding of the threat and a strategic consensus. It requires a concerted effort, utilizing all elements of power — diplomatic, informational, military and economic. Finally, it requires a national commitment to recruit, train, equip and support those in uniform and their families, something that is a matter of priorities, not affordability.

While prudence cautions against ignoring the effect of war weariness and our tendency toward cyclic national defense flat-footedness, let me assure you that from my vantage point, our men and women in uniform continue to enjoy the admiration and appreciation of every American. This is reflected both in public opinion and the Congress. This support has been

and will be critical as we continue to fight this long war.

The road ahead will not be easy and the stakes could not be higher. While there is much we don't know, I can say with certitude that sustained engagement of our Army will remain the norm, not the exception. Therefore, the Army must continue to demonstrate initiative, resilience and innovation at all levels. The Army must continue to adhere to its nonnegotiable values and the warrior ethos. The Army must continue to learn and adapt. Yet, despite challenges, everything I have seen as Army chief of staff encourages me.

When recalled from retired rolls nearly four years ago, I stated that "as an American Soldier, I had never left your ranks."

It has been a great privilege to wear the uniform once again. I remain forever humbled by the courage, dedication and selfless service of those who preceded us and those who remain in service to our country. I am proud of you. You are indeed Army Strong!

MILITARY

Mathews promoted to brigadier general

by Ed White

U. S. Army Space and Missile Defense Command/U. S. Army Forces Strategic Command

PETERSON AIR FORCE BASE — Col. Roger F. Mathews, deputy commanding general for operations of U. S. Army Space and Missile Defense Command/U. S. Army Forces Strategic Command, was promoted to brigadier general in a ceremony held at the base auditorium on April 2.

Surrounded by his extended family, friends, and members of the SMDC/ARSTRAT, his wife and his father pinned on his stars.

Lt. Gen. Kevin T. Campbell, the SMDC/ARSTRAT commander, officiated at the ceremony.

"Roger has had all the right assignments. He has served in armored and infantry divisions and joint assignments. He has commanded at all levels," Campbell said.

Campbell added, "Each year the Army reviews about 1,800 files of colonels for promotion to brigadier general. On average we select about 25 or 30 to be general officers. The math of that is about a one

point seven percent selection rate. That equates to Olympic standards."

Mathews, whose father was a career Air Force officer, credited his success to strong family values inherited from his grandparents and the support of his wife, Connie Mathews, and their two daughters. He also credited support from Soldiers, noncommissioned officers and fellow officers along the way.

Mathews, an air defense artillery officer, was commissioned in 1978. He served in a number of ADA assignments with the 8th Infantry Division, at the National Training Center, Fort Irwin, Calif., and with the 1st Infantry Division. He was also a public affairs officer at Fort McPherson, Ga.

Mathews' military education includes the Air Defense Artillery basic and advanced courses, U. S. Army Command and General Staff College and the Army War College.

In his current assignment, Mathews oversees the operations of two unique, globe-spanning brigades that provide continuous space support to the warfighter and homeland defense against missile attacks.



Photo by Erica M. Belcher

Col. Roger F. Mathews, center, is pinned with the stars of a brigadier general by his wife Connie and his father, retired Air Force Col. Bruce Mathews during April 2 ceremonies held at the Peterson Air Force Base auditorium.

Military briefs

Miscellaneous

The Wounded Soldier and Family Hotline — can be reached from 5 a.m.-5 p.m. Monday-Friday at (800) 984-8523. The purpose of the call center is twofold: To offer wounded and injured Soldiers and family members a way to seek help to resolve medical issues and provide an information channel of Soldier medical-related issues directly to senior Army leadership so they can improve the way the Army serves the medical needs of our Soldiers and their families. The Army's intent is to ensure wounded and injured Soldiers and their families receive the best medical care possible. It is not to punish Soldiers who make a statement against their chain of command. The Army chain of command will ensure every Soldier is assisted in navigating the military health care system.

ACAP has moved — to building 1118, room 133. Full services are available. For questions or concerns, call 526-1002.

The 65th Annual Army Emergency Relief Campaign — continues until May 15. This year's theme is "Soldiers helping Soldiers." To contribute contact your unit coordinator or Mary Braxton at 526-5490.

Self-Help Weed Control Program — Units that wish to participate in the Self-Help Weed Control Program must have Soldiers trained in the proper handling, transport and application of herbicides. Training sessions are held every Wednesday from 10-11 a.m. through the end of October in building 3711. Each unit may send up to five people for training unless preapproved for more through the unit commander and DECAM. To find out more about the Self-Help Weed Control Program, call the Pest Control Facility at 526-5141.



BOSS meeting — The post BOSS meeting, for BOSS representatives, is held the third Thursday of each month at Alternate Escapes from 1:30 to 3:30 p.m. For information, call 524-BOSS.

Warrant Officer Program — is available for all Reserve component Soldiers who meet the qualifications. The Army Reserve Warrant Officer Accessions team is located in building 8932, 4000 O'Connell Blvd. A \$10,000 accession bonus will be paid upon completion of the warrant officer basic course. Contact Master Sgt. Brian Brownell at 526-6544 or brian.brownell@usar.army.mil.

McNair Kaserne Reunion — The first annual reunion for veterans, family and friends of the 32nd Signal Battalion that served at McNair Kaserne, Hoechst, Germany, will be held June 15-17 at the Holiday Inn at the Plaza in Kansas City, Mo. For more information contact Rhonda Gunn at rhondag0464@yahoo.com or (847) 458-8346 or Doug Otoupal at doug@otoupal.org or (432) 426-2644.

Food Service special events — Family Readiness Groups and units that conduct fundraisers by selling limited food items are required to fill out an application and checklist for their event. Contact Capt. Teal Reeves at 526-7922, or Sgt. Misty Gordon at 526-7375 for details and a copy of the paperwork needed. The application and checklist are also available through unit Family Readiness Groups.

Officer Candidate School — Packet submissions for direct select and local OCS are handled by the Personnel Services Branch, Military Personnel Division, in building 1218, room 160. OCS direct selection is in effect until Sept. 30 and there are still slots open. Contact Tom Grady at 526-3947 for more information.

Finance in- and out-processing — The in- and

out-processing section of finance has consolidated its operations on the second floor of building 1218. Travel and accessions moved from the first floor of building 1218 to the second floor.

Customers for in- and out-processing should go to room 230 in building 1218, sign in and wait for a technician. Phone numbers remain the same: separations 526-8473/8476/1302; retirement 526-4233/4234/8470; travel 526-9930/0507/0475; accessions 526-8479/8236/4558; and chief of in- and out-processing 526-6230.

Hours of Operation

DPW services — The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk can be reached at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Larry Haack at 526-9237 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-9237 for service needs or to report complaints.
- Elevator maintenance — Call Sharon Gayle at 526-1695.
- Motor pool sludge removal/disposal — Call Don Phillips at 526-9271.
- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper
- Base operations contract Contracting Officer Representative — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.
- Portable latrines — Call Woody at 526-1854 to request latrines, for service or to report damaged or overturned latrines.

Claims Division hours — The Claims Division office hours are Monday-Thursday from 9 a.m.-5 p.m, Friday from 8 a.m.-1 p.m. and closed federal and training holidays. To make a claim, Soldiers must attend a mandatory briefing. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R (pink form).

DFAC hours — Fort Carson dining facilities operate under the following hours:

Warhorse Cafe — Monday-Friday 7:15-9:15 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekends hours are 9:30 a.m.-1 p.m. (brunch) and 5-6:30 p.m. (dinner).

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner).

Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Airfield — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch). This DFAC is closed for dinner and on weekends.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch). This DFAC is closed for dinner and on weekends.

Education Center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.
- **Learning Resource Center/Military Occupational Specialty Library** — Monday through Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.
- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday-Friday 7:30-11:30 a.m. and 12:15-4:15 p.m.; closed training holidays.
- **Basic Skills Education Program/Functional Academic Skills Training** — Monday-Thursday 1-4 p.m.; closed training holidays.
- **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m.; closed training holidays.
- **Legal Assistance hours** — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

Briefings

ACAP briefing — The Army Career and Alumni Program preseparation briefing is required for all departing servicemembers. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday-Thursday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m. to building 1118, room 133. Call 526-1002 to register.

ETS briefing — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice. Briefing sign-in begins at 7 a.m. at building 1042, room 310. Briefings will be given on a first-come, first-served basis. Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.

Special Forces briefings — are held Wednesdays in building 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m. Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.

Commanding General's Hotline

**by Maj. Gen.
Robert W. Mixon Jr.**
*Commanding General, Division
West, First Army and Fort Carson*

The Commanding General's Hotline exists to provide Mountain Post Team members a channel to express their concerns and good ideas directly to me.

It is in everyone's interest to share information and solve problems efficiently and quickly. The Commanding General's Hotline is one way to successfully resolve difficulties.

Communication is a two-way street, and this is one way I use to communicate with



Mixon

Soldiers, family members, civilian employees and contractors of the Mountain Post team.

There are two avenues to communicate concerns, complaints, suggestions or praise: call the hotline, 526-2677, or go online to www.carson.army.mil, click on "contact us" and complete the form.

Your issue will be worked by me and my staff, but please try to resolve conflicts through traditional means first, including your chain of command.

So that we may process your concern, suggestion, complaint, problem or praise, please give us your name, rank, unit and as much information about the situation as possible.

Iraqi NCOs graduate after training

**Story and photo by
Spc. Alexis Harrison**

*2nd Brigade Combat Team, 1st
Cavalry Division Public Affairs*

**FORWARD OPERATING BASE
HONOR, Iraq** — For a week, Iraqi soldiers from the 2nd Battalion, 5th Brigade, 6th Iraqi Army Division, were put to the test in order to become noncommissioned officers.

The Military Transition Team from 2nd Battalion, 12 Infantry Regiment attached to the 2nd Brigade Combat Team, 1st Cavalry Division, led the NCOs while training them into the leaders and warriors that would one day lead their soldiers and country to victory.

The training culminated in a formal graduation ceremony at the Tomb of the Unknown Soldier in the International Zone, but leaders from the transition team said it took a lot of dedication from the soldiers to get to where they are and where they hope to lead the Iraqi Army.

According to the team's top NCO, 1st Sgt. Harold Drager, the idea to train the NCOs into better leaders came from the Iraqi army battalion's commander and top NCO.

"The new battalion commander and command sergeant major wanted

to empower the NCOs and have them be more like what the American NCO corps is like," said Drager. He added that just about everything the Iraqis learned throughout the week was the same as what American NCOs learn throughout their careers.

The course wasn't exactly like the one taught by the Special Forces in years past, said Drager. He said that it was crafted to suit the demands and situations the Iraqi NCOs face while trying to reclaim their country.

Day by day the "Titan" team forged the Iraqis into soldiers capable of leading troops and taking responsibility.

While the specific classes changed every day, physical training and the instruction on what it takes to make a leader effective were a part of every lesson.

"One of the most important things we taught them was Army Values and leadership traits," Drager said. "It's important because every other task we train is a normal, individual task, but without a leader leading with the Army values in mind — doing things the right way, they wouldn't be able to conduct successful raids and operations."

The team would show up every morning to lead the physical training session before personal hygiene and the

leadership how-to courses began.

Most afternoons, however, the Iraqi NCOs would learn more specialized skills, such as medical training, room-clearing procedures, marksmanship skills and even a confidence course that would test their resolve not only as individuals, but as teams.

Five men at a time would go full steam through the confidence course.

They encountered a sandbag sprint, a Humvee pull, a 4,000-meter relay and more before finishing out that day's training with sweat pouring down their faces.

All the events and training culminated in a trip to the city streets the NCOs would soon be in charge of leading soldiers through. They went to

See **Iraqi NCOs** on Page 8



Sgt. 1st Class Anson Sitton questions his class of Iraqi army non-commissioned officers about observations made during a visit to one of the checkpoints manned by the 2nd Battalion, 5th Brigade, 6th Iraqi Army Division in Baghdad April 1.

Safe driving key to safe training

by **Capt. Joseph Boroj**

Fort Carson

As one brigade after another deploys from or redeploy to Fort Carson, the operation tempo continues to increase. The maneuver area of Fort Carson stretches many miles south of post where the training capabilities of Camp Red Devil are increasing every year. Leaders at the Mountain Post are finding more and more training opportunities for their Soldiers and units.

Traveling to Camp Red Devil or other training sites often requires managing and planning for convoy operations. Convoy training is also an important part of deployment preparation. It will be the sole mission of many Fort Carson units as they arrive in Iraq.

Leaders must work hard to train for combat convoys and patrols where they will encounter civilian vehicles, ambushes, improvised explosive devices and other unconventional tactics. Leaders are also faced with convoys on American soil. Operations to move Soldiers and equipment on highways in the U.S. require many challenges because the rules of the game are very different.

Many convoy accidents are the direct result of leaders failing to properly perform their duties as the commander of a vehicle movement. This includes failure to control the group's movement, failure to ensure that vehicles maintain a proper march speed and failure to properly mark the unit's vehicles.

The convoy commander is responsible for the safe movement of the convoy. To do this, he or she must be capable of positively controlling the convoy's movement. This can be done through the use of

communications equipment among the vehicles, ensuring each vehicle has a properly trained, equipped and supervised crew, and leading from the front in the absence of radios or other means of controlling the march. Control of the movement includes enforcing speed limits, march intervals, crew uniform and seat belt use. It also requires the ability to stop the march if an unexpected hazard is encountered along the route.

Preparing vehicles and Soldiers for the movement is a leader responsibility. Indications are that inexperienced soldiers, personnel turbulence and ever increasing training requirements have caused some units to become complacent in managing the risks associated with vehicle movements. In accordance with the risk management process, as outlined in Army Field Manual 100-14, leaders must identify the hazards associated with the mission, and develop, implement, assess and supervise control measures to mitigate those risks. These control measures include marking the vehicles in accordance with local standing operating procedures, briefing crews on hazardous conditions expected along the route, pre-combat checks of personnel and equipment, and developing pre-accident emergency contingency plans.

Unit SOPs should address leader responsibilities during movements of any number of vehicles and identify means to implement common control measures such as speed limits, intervals and route rehearsals. Commanders must ensure that assigned leaders of any size military convoy are aware of their responsibilities and perform their duties to ensure the safe execution of the unit's mission.

Leadership saves lives!

Iraqi NCOs

From Page 7

a traffic control point to observe and make suggestions on how to improve security for the busy marketplace. They also did a friendly, cordon-and-knock mission to engage with the locals and prove just how professional they had become.

"We've all learned a lot from this training," said an Iraqi soldier who didn't want to be named. "I hope to help my soldiers with what I've learned."

During the week, the team also watched as the confidence level rose and the NCOs began to use more and more of the skills they had learned and possess.

"They knew a lot more than we thought they did," said Sgt. 1st Class Anson Sitton. "When they started, they weren't confident enough to take charge but now they are. This looks like a whole new battalion since they've been through this course."

All throughout the course Drager and his team observed who rose to the top and personified every quality a leader should have. They chose three students to be coined by one of their own sergeants major for outstanding performance during the course.

The group of NCOs stood tall as several high-level officers and sergeants major watched the graduation take place. After the soldiers filed past their brigade commander and command sergeant major to accept their certificates of completion and new rank, they stood at attention and recited the Iraqi army NCO creed as loud as they could.

"They are much more prepared to lead now than they were a week ago," Drager said. "They're becoming more capable to help us, the Army and the military as a whole. It's all about them taking back their own country in the end."

Lamborn addresses vets' issues

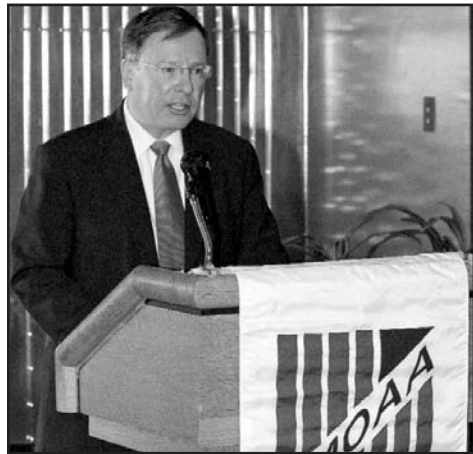
**Story and photo by
Michael J. Pach**

Mountaineer staff

Congressman Doug Lamborn was guest speaker at the monthly Military Officers Association of America meeting April 5 at Peterson Air Force Base.

Lamborn serves in Colorado's 5th District and is a member of the Veterans Affairs Committee and the Natural Resources Committee. He will be the next member to fill a Republican vacancy on the Armed Forces Committee.

Lamborn thanked the crowd for their service to our country and took



Congressman Doug Lamborn speaks at the Military Officers Association of America meeting April 5 at Peterson Air Force Base.

the opportunity to address issues important to veterans.

House Bill H.R. 295

This bill was introduced Jan. 5 and is designed to direct the Secretary of Veterans Affairs to establish a national cemetery for veterans in the Pikes Peak region. Lamborn's first bill has not been voted on by the House or Senate. This bill has not yet been approved because of funding and a number of other requests for national cemeteries across the country.

House Bill H.R. 327: Joshua Omvig Veterans Suicide Prevention Act

This bill passed the House March 21 and is awaiting approval from the Senate. This bill will set up suicide prevention programs such as hotlines, counseling, research and training for dealing with servicemembers returning from war.

House Bill H.R. 797: Dr. James Allen Veteran Vision Equity Act

This bill passed the House March 21 and is awaiting approval from the Senate. H.R. 797 modifies the standard for awarding disability compensation to veterans who suffer from vision loss to require payment for impairment involving both eyes. Discrepancies between vision loss in one eye and loss in both eyes were clarified and definitions were broadened so more people qualify for this benefit.

An amendment added to H.R. 797 allows families of deceased veterans receive a bronze "V" to memorialize that person's veteran status on a headstone. A benefit already allows purchase of a headstone for veterans, but the bronze V is an alternative solution.

House Bill H.R. 1085: The Armed Forces Tax Relief Act of 2007

This bill was introduced Feb. 15 and has not been voted on by the House or the Senate. It amends the tax code to exempt people in combat zones from employment taxes.

House Bill H.R.1370: The Disabled Veterans Sports and Special Events Promotion Act of 2007

Introduced March 7, this bill would establish an office of national veterans sports programs and special events in the Department of Veterans Affairs to promote competitions for disabled veteran athletes. It has not been voted on by the House or the Senate.

TRICARE

The proposed TRICARE increases in enrollment fees, deductibles and pharmacy co-payments for retired beneficiaries not yet eligible for Medicare have not been approved by the House or the Senate. The 2007 Defense Authorization Act contains language prohibiting increases during the current fiscal year. A DOD task

force is looking at keeping health care costs down in the future.

House Bill H.R. 1591: Emergency Supplemental Spending Bill

A version of this bill passed the House and the Senate, but Lamborn expected it to be vetoed by President George W. Bush. Lamborn said he did not support this bill because so few people wanted to sign it that a lot of "pork" was added to win votes. Pork included \$25 million for California spinach growers and \$50 million for Georgia peanut growers. Lamborn also said he didn't support the bill because he didn't agree with the conditions for withdrawal of troops. He said that Bush is asking for a resolution he agrees with by the end of April; if there is no resolution, that money may have to be taken from the other services to support the Army.

Lamborn encouraged everyone to contact him with questions and concerns. He said that personalized letters sticking to one topic would receive the most attention. Send letters by traditional mail to his local office at 3730 Sinton Road, Colorado Springs, CO 80907. E-mail correspondence should be sent to his Washington, D.C. office through his Web site at www.lamborn.house.gov.

To keep track of bills important to you, visit www.govtrack.us or www.opencongress.org.

COMMUNITY

Soldiers praise Medical Holdover

Story and photos by
Rebecca E. Tonn

Mountaineer staff

Medical Holdover is a voluntary program for demobilizing National Guard or Reserve Soldiers who have unresolved medical issues. These Soldiers have served more than 30 days' active duty have 180 days in the Transition Assistance Management Program after demobilizing.

During Medical Holdover, Soldiers must go to all their scheduled medical and therapy appointments and, if medically able, must work at the federal facility to which they are assigned. The average stay of a National Guard or reserve Soldier in Medical Holdover is 130 days.

Case management sets up a medical plan of care, and then the Soldier is assigned employment. Job placement is coordinated between Medical Holdover and Command Sgt. Maj. Joseph Van Dyke, Fort Carson Garrison.

"We assign them employment commensurate to their rank and abilities — and based on their (medical) profile," said 1st Sgt. Karin Osburn, Medical Retention Processing Unit, 651st Area Support Group.

Many National Guard and reserve Soldiers say that the Medical Holdover program has been beneficial — they receive better medical care than before they joined the program, and it helps

them to have employment and an income while their medical issues are being resolved.

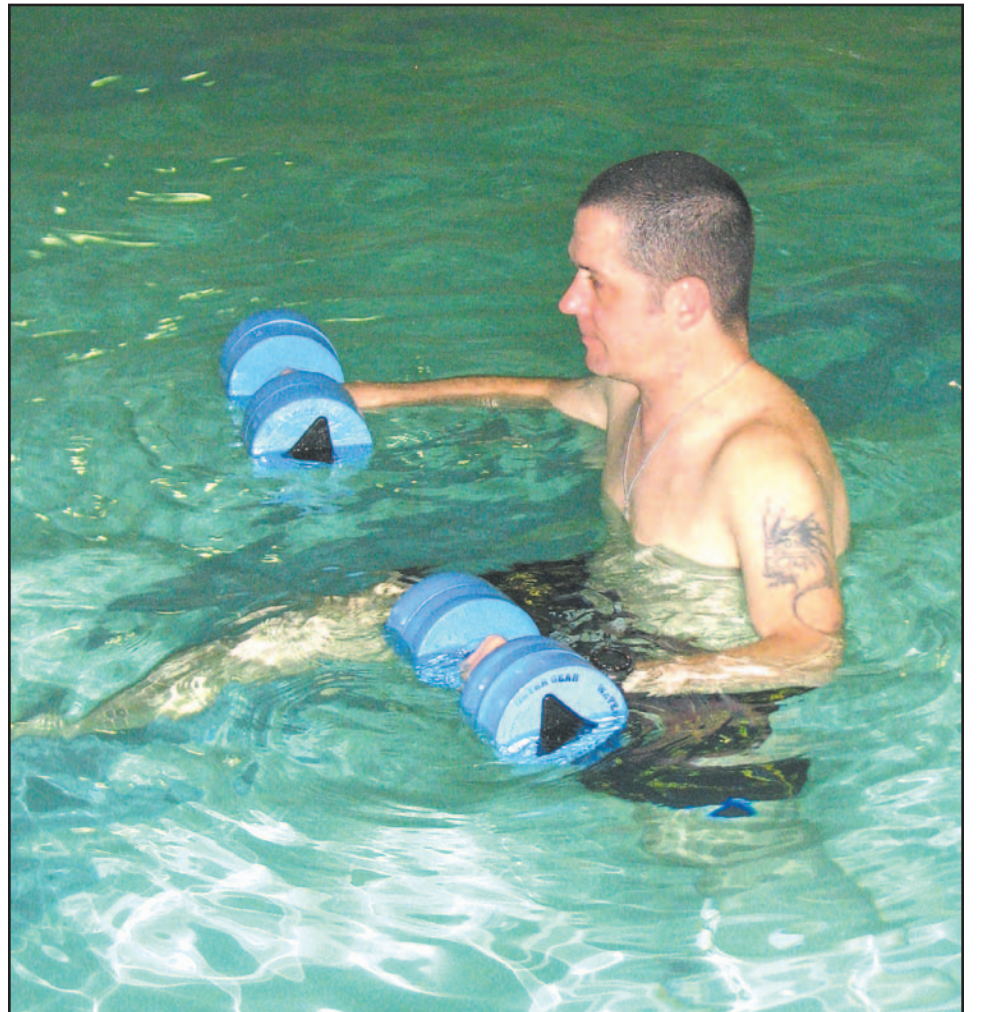
Sgt. Richard Rhodes is in the Missouri National Guard. Deployed to Afghanistan in October 2005, Rhodes was injured in two separate improvised explosive device blasts. The first time, his company was ambushed by the Taliban in a watti (dry creekbed) early 2006.

"It (the blast) blew me around like a pinball, knocked me back and forth. Medics told me I was unconscious for a while," Rhodes said. The explosion left him "shook up and out of it" and over the next few days he was incoherent and had severe headaches. Medics gave him Ibuprofen and he continued fighting the war.

The second time, in Farah, the IED explosion launched him out of his Humvee; he landed on his head. Again, medics gave him Ibuprofen.

"I kept having severe headaches and couldn't sleep; I was having nightmares about the IED attacks. Since I was about to redeploy, I didn't want to get hung up with paperwork; I wanted to get home," Rhodes said.

When he redeployed in August 2006, doctors discovered he had swelling on the brain and short-term memory loss. He was diagnosed with traumatic brain injury and degeneration of the discs in his neck. Rhodes said his blood pressure "kept soaring"



Sgt. Craig Andreas, a reservist, uses Styrofoam dumbbells during water therapy, physical therapy, March 29, taught by an instructor from EACH, at the Fort Carson Indoor Pool.

and he frequently broke out in a sweat and his neck "kept tightening up." Soon he was also diagnosed with post-traumatic stress disorder.

"I don't know where I would be without Dr. Kenneth Delano (clinical psychologist), and the psychology team at Evans (Army Community Hospital). They are unbelievable," Rhodes said. He spent eight weeks doing physical therapy and cervical traction and has received epidural steroid injections. When he first returned from Afghanistan, Rhodes was skeptical about Medical Holdover and seeing a psychologist, but his opinion has changed.

"I do not regret coming into this program. Commander Lt. Col. (Gaylene) Weber and other leaders are phenomenal. Dr. Delano is wonderful. I go to three groups he has recommended: post deployment, stabilization and healthy living. Combat Soldiers return (from theater) and talk about their situations. He (Delano) is trying to give us tools to work with — to get past our emotional issues. So far, so good," Rhodes said.

Spc. Keith Stambaugh, a reservist with the 423rd Transportation Company who lives in Colorado Springs, deployed in spring of 2006. He was injured Nov. 15, 2006, while riding in an uparmored Humvee, outside Talifar, Iraq. He lost his middle finger, part of his "ring finger" and "a huge chunk of muscle" from his right forearm. Stambaugh is right-handed.

After spending a week at Landstuhl Regional Army Medical Center in Germany, where he had several surgeries to "wash out" his arm, Stambaugh was redeployed to Fort Bliss, Texas, nine days after the attack. In January, he came to Fort Carson in the Medical Holdover program.

"It is much better here than it is at Fort Bliss — I'll tell you that. I went to occupational therapy every day for a while and I've had a steroid injection. I may have surgery to fix a torn tendon in my wrist. Dr. Patrick Devanny (hand and upper extremity surgeon with Colorado Springs Orthopaedic Group) is a good doctor," Stambaugh said. He appreciates the Medical Holdover program.

"They give more information here; they let you know what the medical board is all about," Stambaugh said.

Capt. Graham Dunn is a reservist and a Denver deputy sheriff. Currently, he is commander of the 423rd Transportation Company. He came on orders January 2003 and was deployed from November 2004 to July 2006. Dunn was in a vehicle accident in Iraq in August 2005. Both of his wrists were "snapped back" and he suffered trauma to his neck, but did not receive medical treatment.

"Basically, you just go on with mission: wrap the wrists, take Motrin seven days a week, 14 hours a day. It



Pfc. Anthony Angelos, a Utah National Guard Soldier in Medical Holdover, receives assistance with physical therapy March 27 from Physical Therapist Staff Sgt. Chasity Mims, Evans Army Community Hospital, as he recovers from rotator-cuff surgery.

Community briefs

Miscellaneous

Fort Carson Tax Center — The deadline for filing taxes is Tuesday. E-filing at the Fort Carson Tax Center, building 6284 will continue until Tuesday. After Tuesday, the tax center will only prepare paper returns. Taxpayers are responsible for mailing their own tax returns.

On Wednesday, the tax center will revert to normal legal assistance hours and provide services to all eligible personnel in accordance with Army Regulation 27-3. Hours of operation will be Monday-Thursday, 9 a.m.-5 p.m., and Friday from 9 a.m.-4 p.m. For more information, call the tax center at 524-1012/1013.

As of May 1, the tax center will close and all tax services must be booked through the Legal Assistance Office, by calling 526-5572.

Annual Fort Carson mayors’ yard sale — will be the first and third Saturday of each month from April-December, between 8 a.m.-3 p.m. On-post residents may set up in front of their homes. Single

Soldiers and off-post active or retired Soldiers and their families may set up in the Beacon School parking lot. For information on yard sale guidelines, contact your mayor or deputy mayor or the Mayoral Program Coordinator at 526-1082/1049.

Fountain Middle School’s Spring Craft Fair — is April 21, from 9 a.m.-4 p.m., at Fountain Middle School, located at 515 N. Santa Fe Ave. in Fountain.

There will be food vendors, crafters, children’s activities, a carnival and garage sales. Openings are still available for vendors and crafters. Call Connie Perry at 237-9869 to register.

Jewish War Veterans Military Appreciation Shabbat — The Brig. Gen. Sid Gritz Chapter of the Jewish War Veterans of Colorado Springs is sponsoring a military Shabbat Friday and April 21, at Temple Shalom, 1523 E. Monument St. All active and retired Jewish servicemembers and their families are invited to attend. Friday’s reform service is 7:30 p.m. The April 21 conservative service is 9:30 a.m. For more information call Ed Alyn at 635-1147 or Elliot Cohen at 598-1799.

The Garrison Commander’s quarterly meeting with Fort Carson civilian employees — will be held at McMahon Auditorium April 24, 1:30-3 p.m. and April 25, 10:30 a.m.-noon.

Fountain-Fort Carson School District 8 entrance age requirements — The Board of Education voted to change the entrance age requirements for kindergarten to match the state of Colorado requirements.

Students may be enrolled in kindergarten if they are 5 years old on or before Oct. 1 of the year of enrollment, beginning with the 2007-2008 school year.

Students may be enrolled in the first grade if they are 6 years old on or before Oct. 1 of the year of enrollment. A legal birth certificate or another acceptable record shall be required for enrollment age certification. Contact your home school for further information.

Phase 4: Harr Avenue reconstruction project — Rocky Mountain Asphalt and Materials began work on Phase 4 of the Harr Avenue reconstruction project on Thursday. Phase 4 extends from Coleman Street to Prussman Boulevard.

This section of road will be shut down to all traffic until the end of June. The contractor will place detour signs to direct traffic around the construction area.

To avoid the construction area, use Martinez Street, Sheridan Avenue and Prussman Boulevard. When completed, the “new” Harr Avenue, with right and left turn lanes, will extend from Coleman Street to Titus Boulevard.

Dealing with deployment 101: an event for military families — Join Vicki Cody, wife of the Army vice chief of staff and author of “Your Soldier, Your Army: A Parents’ Guide”; representatives of local military support organizations; other families of deployed servicemembers; and learn more about your loved one’s deployments and resources for your family.

Receive a free copy of Cody’s book and register for updates on your Soldier’s deployment. The event is April 21, from 2-4 p.m., at the Southeast YMCA at 2190 Jet Wing Drive, near Sierra High School, off South Academy Boulevard. For more information call Angela Joslyn at 328-1100.

Adoption Workshop and Information Fair — is April 24 at the Armed Services YMCA, 2190 Jet Wing Drive. Local and infant open adoptions, foster adoptions, interstate adoptions, international adoption services and financial/military information will be offered. For more information and to register by April 23, call Jean McClintock at 526-4590.

4th Infantry Division headquarters — construction around building 1430 will result in increased activity in that area. The parking lot to the southeast of building 1430, entrances to the east parking lots, and Weston Road between Specker and Wetzel Avenues and the parking lot behind the Grant Library are closed.

Deployment Support Group — Are you feeling lonely, anxious or fearful about this deployment? Join this group of caring spouses. To register call Army Community Service at 526-4590. Free child care is available for registered children. The support group meets Tuesdays from 1-2:30 p.m. and Thursdays from 6-8 p.m. at the Family University, building 1161.

Alcoholics Anonymous meetings — are held each Wednesday from 7-8 p.m. at the Colorado Inn, corner of Sheridan Avenue and Woodfill Road, building 7301, room 203. Call 322-9766 or 471-1625 for more information.

No physical training zone — The area under construction, north of Ranges 69 and 5, should not be used for training. Construction is under way. The area is bracketed to the north by Khe Sahn Street, to the east by Barkeley Avenue, and to the west by Brown Road, Titus Boulevard and Specker Avenue.

Child and Youth Services, Caring Saturdays — Free child care for families of deployed Soldiers is offered the first and third Saturday of each month, from noon to 7 p.m., in the East Child Development Center, building 6058.

Families must bring a copy of their sponsor’s deployment orders and their child’s up-to-date immunization record. For reservations call 524-4218. For further information call 526-1101.


Evans Army Community Hospital — The correspondence division of the Patient Administration Department will be closed Thursdays from noon-6 p.m. Release of information requests will not be taken during this time. This closure will create faster turnaround time for copies of records.

Ongoing road closures — Portions of Specker Avenue and Titus Boulevard will be closed until April.

Questions about the closure or disruption of traffic along Butts Road can be addressed to Fort Carson’s Directorate of Public Works Traffic Engineer, Rick Orphan, at 526-9267 or Fort Carson’s Army Corps of Engineers Transformation Resident Office, Maj. John Hudson, at 526-4974.


Carson Cares — an orientation for newly arrived spouses is the first Thursday of each month, from 8:30 a.m.-3:15 p.m. Call 526-1070 for a reservation.

Carson Cares includes: lunch and refreshments, a welcome gift, a presentation by various guest



Army Community Service (ACS)
Family Readiness Center, Building 1526
TEL: (719) 526-4590 / TOLL FREE: 1-866-804-8763

As part of the Month of the Military Child & Child Abuse Prevention Month, the Army Community Service (ACS) Soldier & Family Readiness Program will present internationally recognized speaker Barbara Coloroso



Helping Children Through Loss, Grief, Change and Deployments

FOR PROFESSIONALS:
Monday, April 23 / 11:00A.M. to 1:00P.M.
Light lunch provided. RSVP by Friday, April 20.

FOR MILITARY FAMILIES:
Monday, April 23 / 6:00P.M. to 8:00P.M.
Limited childcare available with prior registration, (719) 526-4590.

Family University, Bldg. 1161 (Located on Barkeley & Ellis)

Special Guest Speaker: Barbara Coloroso / Door prizes & book sales / Topics will include: *Ideas for supporting children as they navigate the emotional ups & downs of deployments and Assisting kids in developing constructive ways of responding to what life hands them.*

For more information or to register, call (719) **526-4590.**

Barbara Coloroso is an internationally recognized speaker and author in the areas of parenting, teaching, school discipline, non-violent conflict resolution and reconciliatory justice. She is an educational consultant for school districts, the medical and business community, the criminal justice system and other educational associations in the United States, Canada, Europe, South America, Asia, New Zealand, Australia and Iceland.

For the past thirty years, she has enriched the lives of hundreds of thousands through her speeches, seminars, and award-winning audio and video programs. Her uniquely effective parenting strategies were developed over the course of her years of training in sociology, special education, philosophy, and theology, and they have been field-tested through her experience, as a mother of three grown children, classroom teacher, and University instructor.

She is the author of three international bestsellers: "Kids Are Worth It! Giving Your Child the Gift of Inner Discipline", "Parenting Through Crisis: Helping Kids in Times of Loss, Grief and Change" and "The Bully, the Bullied, and the Bystander: From Preschool to High School - How Parents and Teachers Can Help Break the Cycle of Violence". Barbara's latest book "Just Because It's Not Wrong Doesn't Make It Right" is now available. For more, visit <http://www.kidsareworthit.com/>

speakers about numerous on-post and off-post resources and programs, and a van tour of the post. Call 526-2463 for free child care.

Claims against the estate — With deepest regrets to the family of Pvt. Eric Michael Patrick, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Timothy Kraftson at 526-8105.

With deepest regrets to the family of Spc. Joe Polo, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer 2 Jeremy M. Carlson at 238-3077.

With deepest regrets to the family of Pfc. Walter Freeman, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer 3 John D. Varner at 526-3340.

With deepest regrets to the family of Spc. Brian Lee Holden, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer 2 Jeremy M. Carlson at 238-3077.

With deepest regrets to the family of Spc. Ismael Galvan Solorio, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer 2 Jeremy M. Carlson at 238-3077.

Renew faith during holy season

**Commentary by Chap.
(Capt.) Thomas Lesh**

*2nd Brigade Combat Team,
4th Infantry Division*

When I was a child in the 1960's, Easter was a special time of celebration. All my sisters got new dresses and my brothers and I got new suits to wear to church for the first time on Easter Sunday. There were Easter baskets filled with candy and Easter egg hunts. Plastic eggs meant more candy or possibly some coins. There were special Easter hymns sung at church, songs about Jesus rising from the grave. What were your memories of Easters past?

From the times of Moses and the days of the early Christian church, Passover and Easter were special celebrations. They were celebrated not only to remember historical events, but for we who remember. They are to remind us that we are to be transformed by these events as much as those who were present at the time.

I hope you all made some wonderful Easter memories this year. Along with candy, family and friends, I hope that when you saw Jesus walking out of the tomb — whether in scripture, history, in a movie or in an Easter

drama — that the grace and love that compelled him to walk the earth, through the suffering and death to emerge as conquering Savior and Lord was clear to you. His victory is for our sake.

The apostle Paul writes in 1 Corinthians 15:10, "By the grace of God I am what I am, and His grace toward me did not prove vain." As he was looking at the resurrection of Christ in the rear view mirror of his life, Paul reflects that

the power of God, through Jesus' rising was still transforming his life. Paul was not the man he used to be because of what occurred.

Are we different because of Easter? Because we have believed and therefore have received Jesus into our heart as our Savior and our King? Is his grace still empowering us to continue the transformation process in us? Are we becoming, more wise, more disciplined, more moral, more sincere, more honest, more caring, more generous ... more like Jesus? Isn't this the real reason the early church started to celebrate Easter in the first place?

One might ask: "But didn't I read somewhere that Paul referred to himself as the chief of sinners?" Yes, but he was referring to his nature before his conversion to Christ (1 Timothy 1:12-16). He made a similar statement of self-deprecation in 1 Corinthians 15:9, but continued by saying: "But by the grace of God I am what I am, and his grace toward me did not prove vain." Paul knew that who he was before Christ and who he became in Christ were two separate identities.

Are Christians just sinners, saved by grace? Or is Easter a celebration of a much greater victory?

Chapel

Protestant Women of the Chapel — meet Tuesdays at 9 a.m. at Soldiers' Memorial Chapel. Child care is provided. Contact Barbara Styles at 598-0422.

Soldiers' Memorial Chapel Protestant

Sunday School — The Protestant Sunday School emphasizes key Bible stories while having fun with music and games. Classes for all ages are Sunday, 9:30-10:30 a.m. Registration may be completed Sunday morning at Soldiers' Memorial Chapel, building 1500.

Vacation Bible School — Soldiers' Memorial Chapel will be filled June 11-15 with 5-12 year olds learning the basics of a sport, singing, dancing, and having a great time. This year's Vacation Bible School Program will be "Game Plan," a Christian sports camp offering instruction in cheerleading, soccer and basketball, all incorporated into a traditional VBS format including songs, Bible lessons and snacks. Registration begins May 1.

Volunteers are needed for the program. Extensive background in a particular sport is not required, just a basic knowledge. Training will be provided. There are opportunities in other areas. For more information or to be added to the team, contact Stacy Chapman at 382-3970.

Native American Sweat Lodge — The Fort Carson Native American Sweat Lodge was established about 11 years ago for the primary benefit of military, dependents, Department of Defense personnel and Native Americans. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are sanctioned and supported by the Fort Carson Chaplain Command. For more information please contact Charlie Erwin 382-8177, or Zoe Goodblanket at 442-0929.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant Communion	Provider	Barkeley & Ellis	Chap. Mitchell/650-8042
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Hartz/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-5973
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-5973
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Lesh/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoan	Veterans'	Titus	Chap. Lesh/526-3888

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

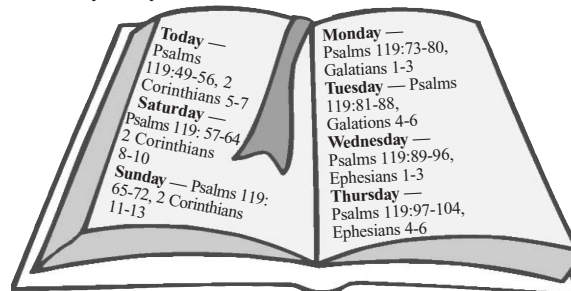
WICCA

Monday 6:30 p.m. building 4800, corner of Harr and O'Connell Rhonda Helfrich/338-9464

NATIVE AMERICAN SWEAT LODGE

Native American Sweat Lodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Please call the following for information and directions: Charlie Erwin at 382-8177 or erwincl@msn.com; or Zoe Goodblanket 442-0929.

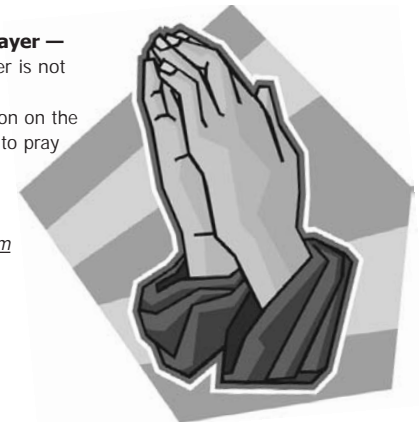
Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer —

The Army Cycle of Prayer is not available this week.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com



Women's History Month observed



Photo by Directorate of Information Management Visual Information
Maj. Gen. Gale Pollock, acting Surgeon General of the Army, addresses the audience attending Fort Carson's Women's History Month observances at the Elkhorn Conference Center.

by Sgt. 1st Class Jose A. Colon

Fort Carson Equal Opportunity Office

Fort Carson's Equal Opportunity Office celebrated Women's History Month with a luncheon featuring guest speaker acting Surgeon General of the Army Maj. Gen. Gale Pollock. The master of ceremonies, Sgt. 1st Class Jose Colon, highlighted the purpose of the observance: to consider, to engage in and to understand the countless achievements and contributions made by women through history.

The theme for this year's celebration was "Generations of women moving history forward." Maj. Gen. Robert W. Mixon Jr., commanding general, Division West, First Army and Fort Carson, introduced the guest speaker, who is also the chief of the Army Nurse Corps.

In her speech, Pollock reminded us that it was not until 1920 that the 19th Amendment to the Constitution granted women the right to vote; that Catherine Greene, patroness of Eli Whitney, may have invented the cotton gin and related many other historical facts that illustrate women's countless contributions to art, science and history.

Pollock's speech was not only informative, but also inspiring, reminding attendees that women's role through history continues.

Holdover

From Page 11

was miserable. I didn't realize the extent of the damage until redeployment," Dunn said.

He considers himself fortunate — he is left-handed, and his left wrist has been fine since the surgery. However, he has "permanent nerve damage" in his right wrist, and his thumb and middle finger are numb — probably for life, he said. Dunn has also had steroid injections in his right elbow; he may need surgery on his right wrist.

"Dr. Devanny is an outstanding doctor; Lt. Col. Weber and the rest make sure Soldiers get taken care of; and 1st Sgt. Osburn does an awesome job with the Soldiers," Dunn said.

Dunn said that the Medical Holdover program is important. For instance, if a Soldier is trying to get back to his job as a truck driver, and he has to recuperate for three-six months from a surgery — he probably wouldn't still have a job waiting for him. The program keeps such Soldiers employed and part of a team, while also giving them medical treatment.

"Once I joined the program I was able to get the appointments I needed. The medical care we're getting is top-notch," Dunn said.

Got news?

Send your story to
**carsmountaineereditor@
conus.army.mil**

SBA reaches out to vets

**Story and photo by
Michael J. Pach**

Mountaineer staff

The U.S. Small Business Administration held its annual small business outreach event, "Gateway to Government Contracting," April 4-5 at the Antlers Hilton downtown.

The event is held to provide training to small businesses on federal government contracting, brief visitors on upcoming government acquisitions, present formal and informal networking opportunities and recognize local exceptional small business contractors.

The conference was open to all small businesses, but with the concentration of military installations in the area and the fact that more than 76,000 veterans reside in El Paso County, a main focus of the event was to demonstrate to veteran-owned business what the SBA can do for them.

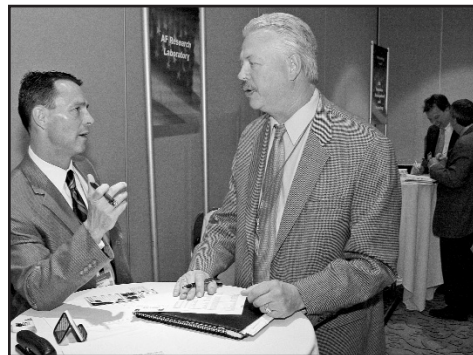
"It is a tremendous opportunity for small businesses to get into the contracting arena and do business with the federal government and prime contractors," said SBA Regional Administrator Mick Ringsak "It's a particularly fine opportunity for veterans to get into it because this community has a higher percentage of veterans

than most other communities in the country. They (veterans) have the knowledge, the skills, and the abilities. The federal agencies, particularly the Department of Defense, are looking for more ways to employ more veterans. We now have a 3 percent goal set aside for federal contracts for service-disabled veteran-owned businesses."

Keynote speaker, Jovita Carranza, SBA deputy administrator and chief operating officer, estimated that one-third of the conference attendees were veterans and she was grateful for the opportunity to educate them on available opportunities to either improve or start their businesses.

"We have a focus with veterans because they have served our country in an honorable way and we respect that," said Carranza. "We will never be able to repay their service, their duty and their commitment to our nation, but it's now our opportunity to give them the service that is required based on their entrepreneurial interests and explain the programs that are available to them."

Carranza explained that the SBA offers technical assistance, contracting opportunities, access to loans and educational programs through partnerships with primary resource partners such as SCORE and SBA



Reggie Selby, left, small business specialist at Peterson Air Force Base, talks with Carey Wold of Suh'dutsing Technologies about contract opportunities during a "Grip and Grin" introduction at the 2007 small business outreach event.

Small Business Development Centers as well as the Department of Education, Department of Labor and DOD.

"Today's veterans understand what limited opportunities and freedoms are," said Carranza. "When they come back from fighting the War on Terror, they have this burning desire to exercise fully what they have in this great nation. Their work ethics, discipline, commitment, loyalty, and vision to succeed are commendable traits. When you incorporate all of that into owning a small business, they become strong mentors to their employees and value the relationships with their employees, so I think they make very successful business owners."

One highlight of the conference was the "Grip and Grin" introductions where business owners met with small business specialists from various government agencies and contractors for 10 minutes

at a time to promote their businesses and discuss contracting opportunities.

Educational seminars were also conducted and Carranza participated in round table discussions with local business owners and leaders, including Congressman Doug Lamborn.

"I met nine local business owners, all recipients of government contracts, and collectively the number of employees they have is 500," said Carranza. "They perpetuated their businesses and strengthened the nation's economy through job creation. Many of them started out with three, five, 10 or 30 employees and now they're growing with hopes of expanding their businesses based on government contracting opportunities. The same experience can be realized for veterans."

To learn more about programs offered by the SBA, visit www.sba.org.



Photo by Rebecca E. Tonn

Filing deadline nears

Chief Warrant Officer 3 Kevin Belanger, 1st Squadron, 6th Cavalry, Division West, First Army, standing, schedules an appointment at the Fort Carson Tax Center with Tax Preparer Pfc. Lynett Smart, 2nd Special Troops Battalion, 2nd Infantry Division. Tax Preparer Pvt. Rebekkah Salo, 2nd Brigade Combat Team, 2nd ID, right, consults with a client over the phone. Tuesday is the last day to file a 2006 tax return, without filing an extension. E-filing at the tax center will continue until Tuesday. For more information, call the tax center at 524-1012/1013.

Zero Tolerance

From Page 1

programs to improve prevention efforts, enhance victim support and increase offender accountability by collaborating closely with each military branch.

Whitley said the goals of this year's campaign are threefold: fostering awareness of the impact of sexual assault on victims, encouraging communitywide prevention and facilitating awareness of the availability of health services to care and support victims.

To create a "climate of confidence," the Defense Department has changed reporting options for sexual assault victims. Beginning in 2005, victims were given an option of restricted or unrestricted reporting.

When filing a restricted report, victims could receive medical care and counseling for assaults without alerting their chain of command or triggering an investigation. DOD officials attribute a 65 percent increase in reporting to this change.

In 2006 there were 756 restricted reports of sexual assault, Chu said. These were victims who might not have come forward under the old policy, he noted. After receiving initial medical treatment and counseling, Chu added, 86 of those changed their reports to unrestricted status, allowing the pursuit of those who acted against them.

DOD officials continue to focus on providing education and training for its more than 1 million active-duty servicemembers. During a worldwide conference held by the department this year, more than 350 troops were trained to be "first responders" for victims on their installations.

"We believe that the numbers of reports will continue to rise because we are changing a culture," Whitley said. "While these numbers make an initial rise, we hope to see a leveling off and eventual elimination of assaults within the department."

Kiddies crawl wall

Story and photos by Rebecca E. Tonn

Mountaineer staff

Children climbed ropes and walls during the Easter Egg Wall Crawl at the Outdoor Recreation Center's Alpine Tower Challenge Course April 4.

The event was sponsored by Adventure Programs and Education and the Directorate of Morale, Welfare and Recreation.

It was no ordinary egg hunt for 51 children who climbed the tower. Bags of candy and Easter eggs were placed throughout the tower — some easier to access than others, to give children of all ages a chance to find candy.

Children as young as 4 eagerly took turns wearing a climbing harness, while belayed by a volunteer on the ground.

Many young children climbed stairs to the first platform, found bags of candy and threw them to moms and dads waiting below. How to get down? Well, a few brave children simply stepped off the platform and were lowered to the ground by their belayer.

Other children sat on the platform, wiggling forward, before trusting the rope would hold them. A few children needed a helping hand, and APE employees quickly climbed the stairs to assist them.

Older children climbed to rope ladders above the platform, with shouts of encouragement from families and friends on the ground.

Cecily Johnson, age 8, climbed all the way to the top of the 60-foot tower in less than a minute. She thought it was beautiful from the top.

"I've done it a couple times. It's fun," Cecily said.

APE begins the season with an open day of climbing on the Alpine Tower, at the Outdoor Recreation Center, Saturday, from noon-4 p.m., weather permitting. The event is free, and registration is not required. For more information, call 526-5176.

Lauren Dichiera, age 4, receives encouragement from Trevor McConnell, certified Challenge Course coordinator and recreation guide for Adventure Programs and Education.



Josh Angle, age 4, enjoys climbing a rope ladder at the Alpine Tower Challenge Course.

Children participate in the Easter Egg Wall Crawl on the Alpine Tower Challenge Course at the Outdoor Recreation Center April 4.

Changes to Family Servicemembers Group Life Insurance

by Mary Benzinger

*U.S. Army Legal Assistance
Policy Division*

As of Nov. 1, 2001, spouses of servicemembers automatically have \$100,000 of life insurance under the Family Servicemembers Group Life Insurance.

The premiums are automatically due unless servicemembers opt out of the coverage by filing a SGLV Form 8286A at their supporting personnel office.

Many dual-military couples have not had the premiums deducted. These couples may have incurred a significant debt to the government.

The Army has recently implemented guidance to prevent this in the future. Effective immediately, all servicemembers must enroll all family members in the Defense Enrollment Eligibility Reporting System. This includes a

spouse who is also a military member, even though that spouse is already enrolled in DEERS in his or her own right as a military member. Commands will conduct 100 percent reviews of FSGLI status.

All married servicemembers should review their Leave and Earnings Statement to see if they are being charged the premium for the FSGLI. Many servicemembers have reported that they were unaware that they had the coverage and that the premiums were being deducted from their pay. Reserve component servicemembers need to pay particular attention to their LES. Because of frequent changes from drilling to mobilization and back, Reservists should also verify their spouse's FSGLI status every time they change status.

Many dual-military couples have had the coverage but have not had the premiums deducted from their pay. Department of Defense Regulation

7000.14-R requires both spouses to register each other in DEERS. Once a servicemember enrolls his or her spouse, the military pay systems will automatically begin deducting premiums from that servicemember's pay. This coverage may be declined. Retroactive or back-dated declinations are not acceptable.

The registration in DEERS will also identify those servicemembers who owe for back premiums. Each married Soldier who was not paying FSGLI premiums and has not declined coverage owes back premiums. This includes servicemembers who were married after Nov. 1, 2001, and who are no longer married, but whose spouses were not disenrolled while they were married.

The Defense Finance and Accounting Service will begin the process of collection of back premiums. Married servicemembers should take immediate steps to ensure their FSGLI coverage is updated because

delaying spousal enrollment will allow additional unpaid premiums to accumulate. DFAS will collect premiums owed by servicemembers with unregistered spouses as they are identified and enrolled in DEERS. The premiums will be prorated.

Servicemembers may request waiver and remission of indebtedness for back premiums by filing a DD Form 2789 with their servicing finance office prior to July 5. DD Form 2789 is available online at: <http://www.dtic.mil/whs/directives/infomgt/forids/forminfo/forminfo2342.html>. The form must be submitted through the servicing finance office; waiver requests sent directly to DFAS will not be acted upon. Submitting this action does not guarantee past due premiums will be waived. Servicemembers are still ultimately responsible for paying any past-due premiums unless formally relieved of responsibility by DFAS-Denver.

Bataan Memorial Death March

Mountain Medics win at White Sands

by Rebecca E. Tonn
Mountaineer staff

A five-person team from 10th Combat Support Hospital won first place in the coed military light division of the Bataan Memorial Death March.

The annual 26.2-mile marathon at White Sands Missile Range, N. M. was March 25 and had 4,065 participants.

The race commemorates the victims and survivors of the Bataan Death March, which started April 9, 1942, when tens of thousands of American and Filipino Soldiers were surrendered to Japanese forces and forced to march for days through the scorching heat of the Philippine jungles; thousands died.

Lt. Col. Steven Drennan, deputy commander of 10th CSH, assembled the team in January. The Mountain Medics, who redeployed in October after a year in Iraq with the 10th CSH, felt honored to participate in the memorial march and meet 21 survivors who attended the event.

“When you go out, they (the survivors) line the race course and you can shake their hands,” said 1st Lt. Carla Berger, Company B.

The medics’ cross-training routine began in January, with each of them training two-three hours per day, five-six days per week. Training included: the steep Mt. Manitou Incline steps; Fort Carson’s indoor pool; stationary bikes at Forrest Fitness Center; mile sprints around Ironhorse Park; sprints up Communication Hill (behind the Outdoor Recreation Center); upper and lower body weight training; 10-mile tempo runs, at seven or eight minutes per mile; and of course, long runs — increasing mileage each week until they could run 20 miles.

It’s not surprising that the team won.

“They were dedicated; they stuck to the training — even on Saturdays,” Drennan said proudly.

Drennan has run several marathons, but his team was newer to the sport. This was Berger’s and Bowe’s first marathon, but Soer and Rayle ran the Iraq/Boston Marathon, in Tallil, Iraq, in 2006 with Drennan, which qualifies them to compete Monday in the Boston Marathon.

The course, in New Mexico’s high desert terrain, crosses hills, desert trails and washes, goes from an elevation of 4,100-5,300 feet and includes 1-1/2 miles of deep sand, known as the Sand Pit. Some runners consider this marathon one of the most grueling in the country.

The Mountain Medic team ran the first two hours nonstop, running approximately 85 percent of the race. The team was the first overall active-duty team to cross the finish line, with a time of four hours, 54 minutes, 29 seconds.

“We passed the all-male Marine team,” 1st Lt. Kimberly Soer, Headquarters and Headquarters Division, said, smiling. “I’m very competitive — especially when I could see other teams in front of us.”

“She is competitive,” Berger agreed. “We had to assign 1st Lt. (Matthew) Bowe to keep her from running too fast at the beginning. But at every aid station we reached, they told us we were the first females in uniform they’d seen,” Berger said.

Bataan Death March survivors were not the only ones who motivated the 10th CSH team. Many competitors wore T-shirts with pictures of friends or family lost in Operation Iraqi Freedom.

“One of the high points of the race was talking to people along the road and finding out why they were competing. And some single and double amputees from OIF competed. So that was definitely motivating,” Berger said.

“The colonel did a really good job (planning) our training, and it was a lot of fun to cross the finish line as a team,” said Sgt. Nathan Rayle, chaplain’s assistant, Company A.

“Watching the other people on my team endure through the pain was motivating. It was a microcosm of the greater reason for us being there — to remember the survivors. When I thought of them (the survivors), I knew I could suffer a little more and persevere,” Bowe said.

Drennan was pleased with the team’s win. “They are very motivated — they have a lot of heart. Our goal, during training, was to break five hours and to win,” Drennan said.

The Mountain Medics did both.



Photo courtesy of White Sands Missile Range Public Affairs Office
U.S. Army Development Test Command Brig. Gen. Del Turner, center, presents commander's coins to the Bataan survivors in attendance at the closing ceremony March 25.



Photo courtesy of White Sands Missile Range Public Affairs Office
Participants march on a dirt trail near mile 3 of the Bataan Memorial Death March at White Sands Missile Range in New Mexico.



Photo courtesy of Brightroom Professional Event Photography
The Mountain Medic Team encourages a participant along the route. Lt. Col. Steven Drennan, center, carries the guidon. 1st Lt. Kimberly Soer is in front, and 1st Lt. Matthew Bowe is to the right.



Photo courtesy of Brightroom Professional Event Photography



Photo courtesy of Brightroom Professional Event Photography
The Mountain Medic team crosses the finish line, winning the coed military light division of the Bataan Memorial Death March, 26.2-mile marathon, March 25.

From left to right: Lt. Col. Steven Drennan, 1st Lt. Kimberly Soer, 1st Lt. Matthew Bowe, 1st Lt. Carla Berger and Sgt. Nathan Rayle approach the finish line of the Bataan Memorial Death March.

MPOG delivers digital fun

Story and photo by Michael J. Pach

Mountaineer Staff

The Army Recreation Machine Program debuted its multi-player online gaming systems on Fort Carson at the grand opening of Alternate Escapes (formerly Xtremes) March 15.

Fifteen MPOG consoles were combined with the Java Café to provide Soldiers an opportunity to get out of the barracks, socialize and have fun while on post. ARMP is introducing MPOGs at installations around the world and just opened a facility in Vilseck, Germany.

“Probably three quarters of the guys have PCs (personal computers) in their barracks, but who wants to spend all of their time in the barracks?” said ARMP Chief of Business Development Jon Wold. “What we wanted was to provide something that would be a reason to come out of the barracks and we wanted a better gaming experience. The idea was to take all of this and put it in a nice atmosphere where it’s relaxing, you can talk to your friends and play some games. It’s a little bit different than the standard bar or club atmosphere of the past.”

Each MPOG console contains a 26-inch high-resolution monitor, a 256-megabyte high-end video card, stereo speakers, a subwoofer, a large keyboard, a web cam and side walls, which give the user a sense of being surrounded and a certain amount of privacy.

Users can play about 20 different “first-person shooter” games such as HALO and Battlefield II and have the choice of playing alone or against other online users. Opponents can be in the same room or

anywhere in the world and are connected by servers that deliver information between machines. The multi-player capability allows a group of friends to socialize while playing against each other or together as a team.

Communication is another popular use of MPOG systems. Each console allows high-speed access to the Internet so users can access e-mail or popular sites such as MySpace and YouTube.

The MPOG system is expandable and new features can be added as technology becomes available. The first progression will be the addition role-playing games such as the World of Warcraft, puzzle games and strategy games. The next expansion will allow users to purchase and download movies, music, games, ring tones and cell phone wallpaper through the console.

Something else to look forward to in the future is photo processing. ARMP is looking into the capability of uploading photo files from a camera memory stick or card and printing photos, burning files to compact disc or DVD and applying photos to and ordering gift items such as mugs, T-shirts and mouse pads through a Web site.

The cost of using an MPOG for gaming or Internet access is \$7 per hour. The minimum purchase is \$1 and the maximum amount that can be put into a machine at one time is \$20. Users can pay with cash or with credit and debit cards. When a credit or debit card is used, the machine will ask how much time the user wants to purchase. When the user’s time is close to expiring, a woman’s voice warns him or her that time is running out. The user can choose to let time run out or may enter more money to continue.



Pvt. Brett Smith, 2nd Brigade Combat Team, 2nd Infantry Division, plays Battlefield II on a multi-player online gaming console at Alternate Escapes.

Users may find it convenient to set up an MPOG account that keeps track of money remaining after a session. For instance if someone places \$20 in a machine, but gets called away after an hour, the remaining money will be kept in their account to be used on any machine at any time.

Profits from gaming go to the Directorate of Morale, Welfare and Recreation to help support events like tournaments and team “lock-ins” where groups hold private events that include gaming, food and beverages. Plans for HALO tournaments and team “lock-ins” are in the works for Alternate Escapes, so be on the lookout for announcements.

Alternative Escapes is located on Specker Avenue in building 1532 and is open Monday through Friday from 6:30 a.m.-11 p.m. and Saturday and Sunday from 11 a.m.-11 p.m.



Out & About

April 14 - 20, 2007

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation
Visit us at <http://mwr.carson.army.mil>

Freedom Performing Arts Center presents

MURDER IN BUFFALO CHIP

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IF YOU THINK THIS SOUNDS LIKE SOMETHING FROM A JAMES CAGNEY MOVIE, YOU'RE CLOSE. BUT, IF YOU WERE THINKING ALONG THE LINES OF A MURDER MYSTERY, YOU'D BE DEAD RIGHT! MEET RANCHERS, GUNSLINGERS, CHURCH LADIES, MOUNTAIN MEN, INDIANS, GAMBLERS AND OUTLAWS, AND FIND OUT FOR YOURSELF...
WHO DUNNIT?!

Military Auto Connection presents • A Red Herring Production: "Murder in Buffalo Chip"

April 28, 2007 • Freedom Performing Arts Center • Doors Open at 5:30 p.m.

Buffet served 5:45 - 6:25 p.m. • Show begins at 6:30 p.m. • This is a FREE Performance • For more information: 526-1867

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19 - 20 May 2007

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1st Place: \$500 cash, 2nd Place: \$250 cash

Pre-register through 11 May: \$30 per four-person team

Only 60 team slots available, so sign up now!

For more information: **526-3944**

MWR



Photos by Rebecca E. Tonn

Take it *all* off

Left: Fort Carson Firefighter Cheston Souza gets his head shaved April 6 for the St. Baldrick's Foundation fundraiser by Debbie Gray, hair designer from Salon Bella.

Above: Evans Army Community Hospital Paramedic Dave Decker, center, is flanked by Fort Carson Fire and Emergency Services firefighters, Tom Devlin, left, and Logan Rodgers, who holds his son Gavin's hand, at the St. Baldrick's Foundation fundraiser for childhood cancer research. Gavin, age 2, also had his head shaved for charity. Assistant Chief Mike Orr and the following firefighters also had their heads shaved: Tim Baker, Kasey Coles (and his son Konner, age 7), Jim Kuhn, Mike Villegas, Bart Kimber and Bill Toal. The firefighters dubbed themselves the "Fort Carson Fire Follicle Fallouts," as they went bald for charity, raising money for "a good cause."

SPORTS & LEISURE

Youth soccer season begins Saturday



Members of the Leprechauns get instruction from co-coach Christina Baker during a practice session Monday at Pershing Field.

**Story and photos by
Walt Johnson**

Mountaineer staff

The post youth soccer season kicks off Saturday at 8:45 a.m. when the youth services office will have opening-season ceremonies at Pershing Field.

The start of the season will be a welcome sight for the players and coaches, who have spent the past week getting familiar with teammates and getting ready for opening day with practice sessions and coach sessions.

One of the coaches for this year's 7-9 year-old teams is Dan Baker with the Leprechauns. Baker said this has been a fun two weeks as the team gets ready for the season. He and his wife, Christina Baker, who is the team's co coach, are looking forward to seeing how well they kids will do when the games begin.

"It's always interesting (to start a season) because you never know what you are going to get. You have to teach all the kids. Some of the kids know the drills. They've gotten them down and they are going to do great. We want to also make sure that we take care of the kids that are new and don't have it down yet. We have a couple of

kids out here that have never played soccer before. You find yourself asking what can you do to help them learn how to play the game of soccer and learn how to be a teammate.

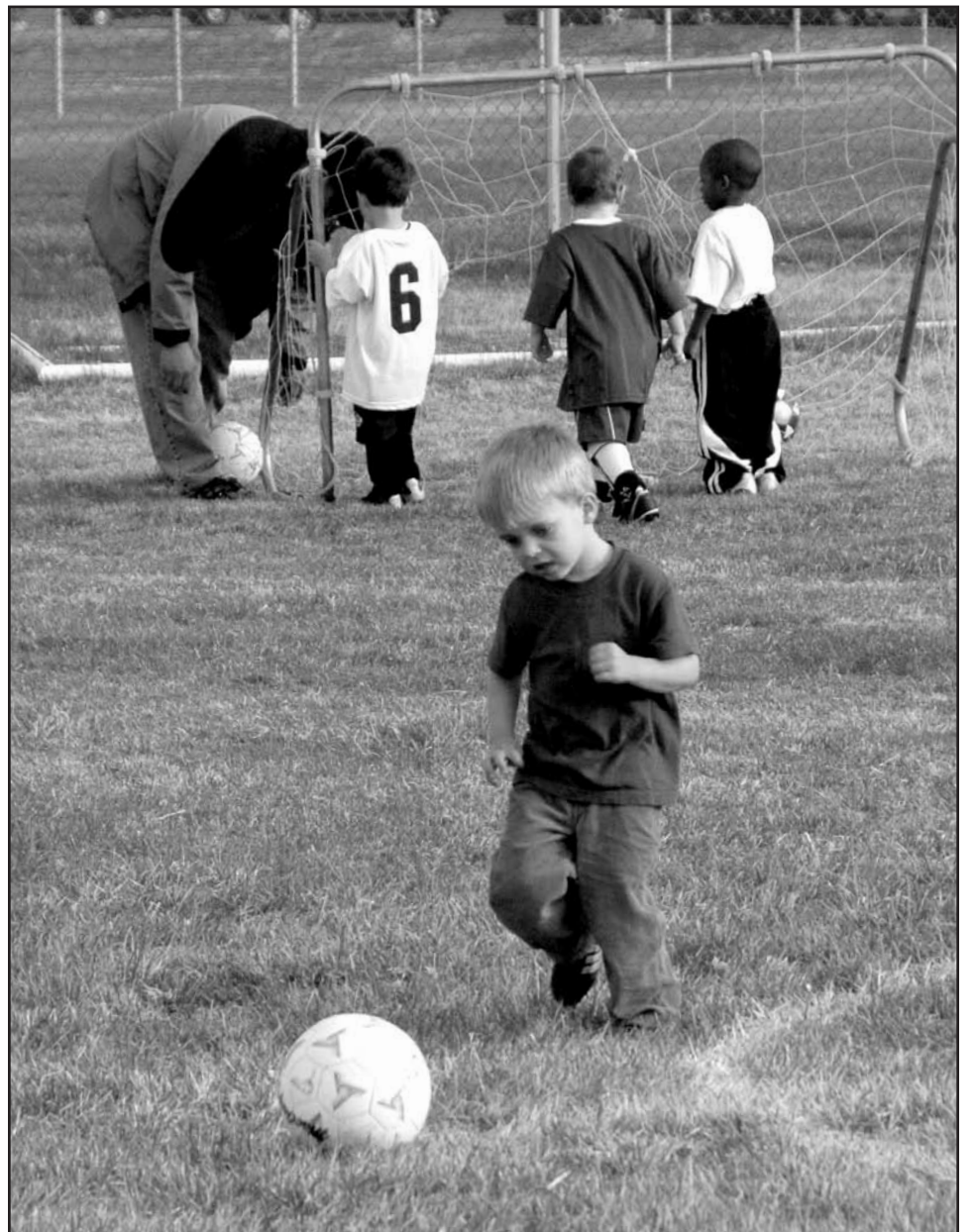
That (being a teammate) is one of the most important things that we like to emphasize. At the end of the season when we see that they have got it, that is where we get out satisfaction," Baker said.

Victor Orozco is coaching one of the 5-6 year-old teams. He has the double pleasure of coaching the team and his daughter. Orozco said he wants to be able to help the young athletes learn the game and the proper way to play it while taking on the challenge of teaching children of this age.

"It's a challenge to teach 5 and 6-year-olds. I took on the challenge because my little girl wanted to play and I didn't want to be on the sideline knowing I could help by being a coach. It's been much more of a challenge than I thought it would be but I intend to keep working with the kids. My goal this year is to teach the kids the fundamentals. I want them to learn the basic stuff like shooting the ball in the direction they want to shoot. You can't teach them too much because they don't retain a lot of it yet," Orozco said.



Youth coach Victor Orozco, center, does stretching exercises with his team during a practice session Monday.



Youth soccer players, like this young athlete, have been learning how to play the game for the past two weeks at Pershing Field, getting ready for Saturday's season opener.

On the Bench

Lady Mountaineers hold tryouts Saturday on post

**Story and photos by
Walt Johnson**

Mountaineer staff

The extreme cold weather this past weekend forced the cancellation of tryouts for the women's varsity softball team.

The post women's team will have a tryout session Saturday at 4 p.m. at the softball complex adjacent to Forrest Fitness Center.

The women's team will be playing in the Colorado Springs Gold League at Sky View Sports Complex in Colorado Springs on Wednesday nights beginning in late May. Head Coach Cathy Satow said this year's team will have a new look and will need to have as many players as possible in order to perform at the high level it has in the past few years.

Anyone wishing information on the women's team should contact Satow at cathysatow@aol.com or call her at 330-7095.

The Directorate of Morale, Welfare and Recreation will be

sponsoring a minitriathlon May 17.

The race is open to all Department of Defense identification card holders. The triathlon will include swimming, biking and running.

The triathlon will begin at the post indoor swimming pool at 6:30 a.m. People who want to participate in the triathlon must register by noon May 16. There will be two categories, male and female, with the groups broken into the following age groups: 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and masters. Medals will be awarded for first, second and third-place finishers. There will be an awards ceremony at Pershing Field immediately following the event.

Turn in all registration forms to Amber Flores at Forrest Fitness Center or at any fitness center on post.

According to Colorado Springs Sky Sox officials there,

See **Bench** on Page 32



Photo by Walt Johnson

Play ball!

Fort Carson Outlaws coach Rich Conger, left, goes over drills during a recent practice session. The Outlaws will be playing at the post softball complex Saturday in the first home tournament of the year at 9 a.m.

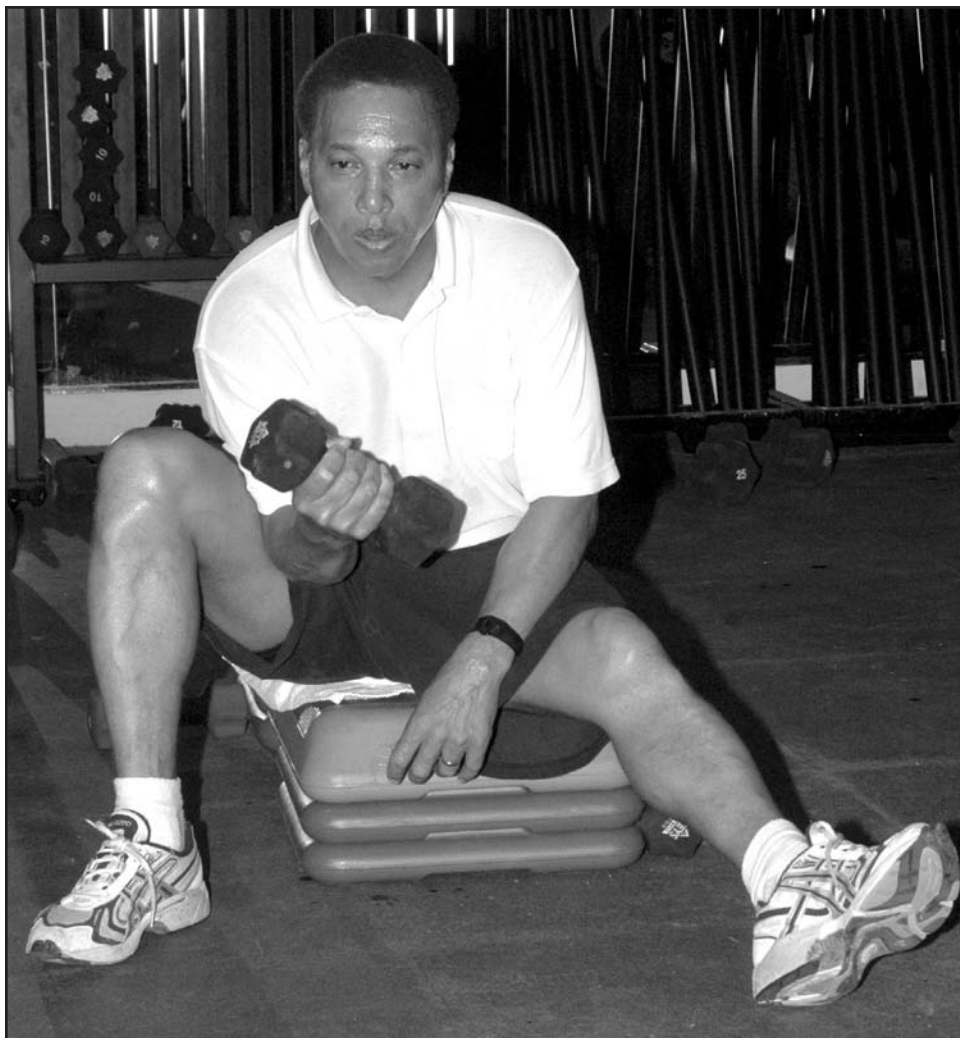


Photo by Walt Johnson

Give me 20/20/20

Getting fit and getting a good workout are two reasons to check out the aerobics program at Forrest Fitness Center Arnold Lewis of the post community can attest as he goes through a 20/20/20 workout Monday.

Bench

From Page 30

are a number of exciting things on hand for the season at Security Service Field this year.

The Sky Sox will return home April 21 to meet the Portland Beavers in a four-game series. The April 21 game will begin at 6:05 p.m. One of the highlights of the Sky Sox season is the annual Fort Carson appreciation night festivities, which will be held May 12 when the Sky Sox host the Memphis Redbirds at 5:05 p.m.

Individual game tickets for all Sky Sox home games are on sale now. Box seats are \$9 and Reserved Seats are \$7. Mini-Season ticket packages start as low as \$45 and include many exciting dates throughout the summer. Tickets can be purchased at the Sky Sox box office, located at Security Service Field, or can be ordered by phone at 591-SOXX (7699) or online at www.skysox.com.

Ticket office hours are Monday through Friday from 9 a.m.-5 p.m. and fans can purchase tickets online at any time.

The Fort Carson Outlaws, the post varsity softball team, will be participating in their first tournament on post Saturday while

hosting the Four Corners Rumble National Invitation Tournaments tournament at the post softball complex.

The team will play in the Colorado United States Slo-Pitch Softball Association Men's C division. For more information on the Outlaws contact Bill Reed DMWR point of contact at 524-1163 or Rich Conger at 331-9750 or email him at richard.conger@us.army.mil.

If you like to run long distances, the post is looking for runners to represent Fort Carson at the 23rd Annual Army Ten Miler later this year.

The post fields four teams: men's, women's, men's master's (40 years and older) and coed. Runners must be on active duty, have permission from their command, be available to attend training and be available to run the Army Ten Miler on Oct. 7.

For more information on the running team contact Bill Reed at 524-1163 or Andrew Heimbrock at 526-9373 or 526-4655.

There will be a Texas Hold 'em tournament April 21 at Alternate Escapes.

The winner of the tournament will earn a seat at the Army tournament later this year and prizes are being offered.

Mountaineer Sports Feature



Fit to Fight

Aaron Ochoa, left, and Humberto Iniguez get in some serious weight and conditioning training Monday at Waller Physical Fitness Center as part of their "fit to fight" program. Many members of the Mountain Post community take part in this program each day at the post's fitness and training centers.

Photo by Walt Johnson

Mountaineer Sports Feature

Sky Sox news

Colorado Rockies outfielder Willie Taveras, running toward the plate, scores during the exhibition game between the Colorado Rockies and the Colorado Springs Sky Sox March 31 at Security Service Field. Due to inclement weather, the Sky Sox have had to reschedule three games for later in the season. The Sky Sox announced Wendy's opening weekend coupons and Sky Sox bonus book covers will be honored on the Sky Sox home games April 21 and 22 when the team hosts the Portland Beavers at 5:05 p.m. and 1:05 p.m. respectively.



Photo by Walt Johnson

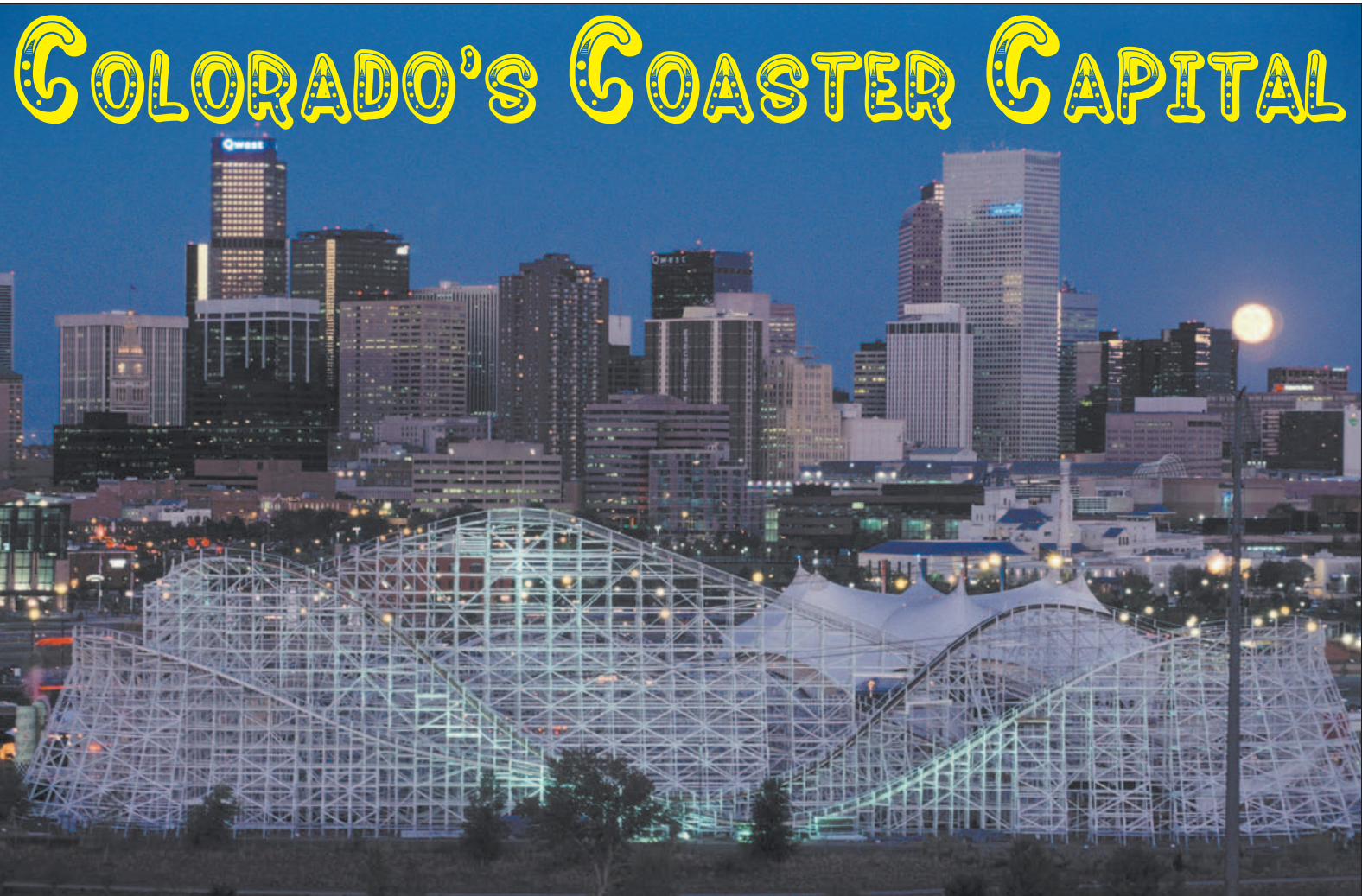


Photo courtesy Elitch Gardens

A night view of Elitch Gardens amusement park shows the wooden roller coaster, Twister II, against the Denver skyline.

by Nel Lampe

Mountaineer staff

“Joining Forces Day,” to show appreciation of area military members, will be celebrated April 21 at Elitch Gardens amusement park near downtown Denver. Approaching Denver on the interstate, motorists spot the colorful steel loops of the rides, framing the skyscrapers of downtown Denver. It’s just off Interstate 25 near the Pepsi Center.

Saturday’s military appreciation day is a pre-opening event, open only to the military community. Hours are from 10 a.m.-6 p.m.

Admission to Joining Forces Day is by ticket, available at Information, Tickets and Registration for \$20 each. There is a \$10 charge to park in the parking lot. The special military admission ticket includes a sandwich, drink and chips.

Plan for a full day of family fun and entertainment. Elitch Gardens has traditional amusement park rides, as well as several roller



Photo courtesy Elitch Gardens

Riders make a turn on the Mind Eraser coaster at Denver's Elitch Gardens. Military appreciation is observed April 21.

coasters in the 62-acre park.

Family-friendly rides include an antique carousel, Tea Cups, The Big Wheel (Ferris wheel), the Spider, the Sea Dragon and the Round 'Em Up. Some of the family rides require an adult rider with children.

For the adults and those who meet the height requirement, there’s the Mind Eraser, the Flying Coaster, the Halfpipe and the wooden roller coaster, Twister II.

Or ride the Boomerang, which launches from a 125-foot lift through

three looping inversions, up a vertical track, then reverses its course. Riders hit speeds of 50 mph on 1,800 feet of track.

Try the Sidewinder, a green coaster which takes passengers forward, then backward and through a giant serpentine loop, then back again in reverse.

Tower of Doom is another popular ride in which riders free-fall 22 stories, plummeting at 60 mph toward the ground.

The Chaos tilts, whirls and turns, with random action seats.

Still game? Try the Observation Tower, Troika or Turn of the Century.

For an extra fee, ride the Turbobungy – a cross between bungy jumping and a trampoline – or the XLR8R, to get your adrenaline going.

Elitch Gardens also has a water park, known as Island Kingdom, which doesn’t open until may 19. Once open, it’s included in admission price.

Featuring more than 850,000 gallons of water, blue lagoons, waterslides, crashing waves, palm trees and meandering rivers, along with tropical plants and lots of lounge chairs, it’s a place for visitors to cool off on water slides, cruise down the lazy river



Coasters galore are available to guests at Elitch Gardens near downtown Denver, such as the Boomerang.

Photo courtesy Elitch Gardens

Elitch Gardens



Places to see in the Pikes Peak area.

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Elitch

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or body surf in the wave pool.

Hook’s Lagoon is a popular five-story interactive water play structure with 75 water features. People of all ages enjoy Shipwreck Falls, Paradise Pipeline, the Sun Plunge and Swiss Family Toboggan, as well as Cannonball Falls, Castaway Creek, Acapulco Cliff Dive and Commotion Ocean.

Elitch Gardens got its start as an apple orchard on the farm of John and Mary Elitch. Near 38th Street, on the outskirts of Denver in 1896, it started small, with picnic tables, a baseball diamond and a few animals. As the park became more and more popular, other attractions were added.

Elitch Gardens had one of the first zoos west of Chicago; the town’s first motion picture theater and first botanic garden. Denver’s first symphony orchestra played there. A hand-carved carousel was

added, a theater for live productions, a ballroom and a wooden roller coaster were in Elitch Gardens, along with picnic pavilions and lots of flowers. There was a theater and a ballroom, which were quite popular in their day.

A decision was made to relocate the 100-year old amusement park nearer downtown Denver in the mid 1990s. The original park was closed and rides were moved to the new location in a year-long effort. It reopened in 1995.

Since then, the park was expanded and changed owners several times. New rides, shows and attractions are regularly added.

Previously known as Six Flags at Elitch Gardens, the park was recently acquired by CNL Income Properties Inc. along with six other former Six Flags properties.

No longer under the “Six Flags” banner, the park has gone back to its historical roots and will be known as Elitch Gardens.

Some attractions may be added,



Photo courtesy Elitch Gardens.
Riders enjoy a ride on Twister II, Elitch Gardens’ wooden roller coaster.

such as Cirque du Soleil acrobatic shows as well as BMX racing.

Food and refreshments are available in the park. No outside food may be brought into Elitch Gardens, so leave it in the car or eat before going in. Picnic tables are outside the main gate and in the parking lot. Get your hand stamped if you make the trip back to your car for lunch.

Beginning April 28, the park will be open weekends only, until Memorial Day, when the park will be open on a daily basis.

Regular park admission is

\$44.99 for anyone more than 48 inches tall. Guests under 48 inches are admitted for \$22.99, but children 3 and under are admitted free. Discounted tickets are available at the ITR office on post.

Season passes are available online for \$59.99 each or, if purchased before June 10, at King Soopers or Elitch Gardens main gate. A season parking pass is offered for \$45 each until June 10.

To reach Six Flags Elitch Gardens, take I-25 north to Denver and take Exit 212.



Photo courtesy Elitch Gardens
The Halfpipe is one of Elitch Garden’s newest rides. Two cars hold eight riders each on the 39-foot long board. The ride was made in Switzerland.



Photo courtesy Elitch Gardens
Turn of the Century, at right, is one of 52 rides in Denver’s Elitch Gardens. The park was started in 1890.



Photo courtesy Elitch Gardens
The Big Wheel has been in Elitch Gardens for many years. Riders get a view of downtown Denver from the top of the giant Ferris wheel.

Just the Facts

- **Travel time:**
about an hour
- **For ages:**
anyone
- **Type:**
amusement park
- **Fun factor:**
★★★★★ (Out of 5 stars)
- **Wallet damage:**
\$\$\$\$ with ITR ticket
\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$60
\$\$\$\$ = \$61 to \$80
(Based on a family of four)

Get Out!

Earth Day

Earth Day is celebrated at the Garden of the Gods Visitor Center April 21, from 9 a.m.-3 p.m., with free activities and presentations such as arts and crafts for children, nature walks, American Indian dancers, animals and music. The visitor center is on 30th Street, opposite the park entrance.

Auto show

The Colorado Springs Auto Show, in the Expo Center near Chapel Hills Mall, runs from 10 a.m.-8 p.m. today and Saturday and 10 a.m.-6 p.m. Sunday. More than 200 cars, vans, trucks and hybrids are featured. Admission at the door is \$5, and military members with identification cards and children under 12 are admitted free.

Musicals

"Aida" is today and Saturday in the Pikes Peak Center. Call 520-SHOW for tickets. Ask for the military discount.

"The Producers," Mel Brooks' blockbuster musical, is in the Pikes Peak Center May 11-13. Call 520-SHOW for tickets. Ask about the discount for servicemembers.

Concerts

The Air Force Academy Band presents free concerts in the Pikes Peak Center, April 22 at 2:30 p.m. and May 15 at 7 p.m. Pick up free

tickets at the Pikes Peak Center box office.

The Air Force Academy's next concert features Chip Davis and Mannheim Steamroller, May 4. Shows are in Arnold Hall Theater; call the box office at 333-4497.

Denver Museum

"Benjamin Franklin: In Search of a Better World" is a special exhibit in the Denver Museum of Nature and Science through May 20. More than 250 artifacts belonging to Franklin and five U.S. founding documents are in the display. The museum is in Denver's City Park; take Interstate 25 north to Denver, then take the Colorado exit.

American Idol

Last year's American Idol winner Taylor Hicks is in concert April 29 at the Paramount Theatre in Denver. Tickets start at \$40 and are on sale at Ticketmaster, 520-9090.

Denver Botanic Gardens

Colorado residents can enjoy a free day at Denver Botanic Gardens April 22. See the Big Bugs exhibit that opens Saturday. Get a bug's eye view of the world when you encounter a 1,200-pound praying mantis and other sculptures at the Big Bugs exhibit.

Stage production of "Harvey"

Damon Runyon Repertory Theater in Pueblo presents "Harvey." The comedy features Elwood P. Dowd and his invisible friend Harvey, a six-foot tall rabbit. "Harvey" will be presented today and Saturday as well as

April 20 and 21, at 7 p.m. Matinees are April 22 at 2 p.m. Tickets are \$10 to \$22. Free tickets are available for military members for the April 22 performance. Call (719) 564-0779 or go online at www.runyontheater.org. The theater is at 611 N. Main in Pueblo.

Kite and Wind Festival

A Kite and Wind Festival is at Fountain Creek Nature Center April 28 from 10 a.m.-3 p.m. There'll be a kite exhibit, kite-making, crafts, balloon animals and kite sales. Call 520-6745 for information. Fee is \$4 per person.

New exhibit at Pueblo Zoo

The Pueblo Zoo opens "Islands of Life" Saturday after years of construction. The exhibit includes lemurs, monkeys, lizards, bats, snapping turtles and birds and is open to the public Saturday from 10 a.m.-5 p.m. and Sunday from 9 a.m.-5 p.m. The zoo is in Pueblo's City Park on the city's west side. Take Interstate 25 to the Highway 50 exit west, follow Highway 50 to Pueblo Boulevard. Take Pueblo Boulevard south to Goodnight, and turn left to City Park. Go through the park until reaching the zoo. Admission is \$7.50 for adults, \$5 for children.

Mystery show

"Murder in Buffalo Chip" is A Red Herring Production mystery April 28 at 6:30 p.m., at the Freedom Performing Arts Center on post. Tickets are free and dinner, at 5:45 p.m., is included. Call 526-1867 for reservations.

Compiled by Nel Lampe

Happenings



Photo by Nel Lampe

Rock Ledge Ranch

Rock Ledge Ranch Historic Site celebrates Earth Day April 21 with activities and free admission. Located next to the 30th Street entrance to the Garden of the Gods, the site will be open from 10 a.m.-3 p.m. Learn about Colorado Springs' early citizens who lived on the site.

New Hazard

by James Boroch

